



## BREAKFAST

### BOWLS

ACAI (VG) (485 kcal) Acai, banana, strawberries, coconut, granola, cocoa nibs <b>+ peanut butter - 1.5</b>	10.5
YOGHURT & GRANOLA (V) (559 kcal)	7.5
Set yoghurt, peanut butter, strawberries, coconut, homemade pistachio	
CREAMY PORRIDGE or OVERNIGHT OATS (V) (502 kcal) Toasted macadamia, blueberries, coconut	6

### TOAST

FRENCH TOAST (V) (From 950 kcal)	12
Please see the board for current flavours	
STRACCIATELLA & TOMATOES (V) (547 kcal) Slow-roasted tomatoes, stracciatella, olive oil, sourdough	9.5
BRISKET EGGS (901 kcal) Brisket, hollandaise, poached egg, sourdough	12
EGGS YOUR WAY (V) (From 670 kcal) Scrambled, fried or poached, sourdough	7
SMASHED AVO (V) (905 kcal) Avocado, sumac onions, lime, pine nut brittle, poached egg, sourdough <b>+ bacon (263 kcal) - 3</b> <b>+ halloumi (238 kcal) - 5</b>	11
TOASTED BANANA BREAD (V) (524 kcal)	6
Maple syrup, butter	

### PLATES

THE BIG BREKKIE (1,163 kcal) Sausage, streaky bacon, tomato, egg, mushrooms, beans, avocado, sourdough toast	12
BREKKIE BUN (From 800 kcal) Sausage or bacon, fried egg, brioche bun	8.5
BAKED EGGS (V) (759 kcal)	10
Tomato sauce, baked eggs, grilled sourdough, labneh	

- FLO'S SIGNATURE ITEM

(V) VEGETARIAN | (VG) VEGAN | (DF) DAIRY FREE

MEMBERS RECEIVE **15% DISCOUNT** ON PRESENTATION OF YOUR MEMBERSHIP CARD

Adults need around 2,000 Kcal a day. Some dishes on the menu may contain food allergens. Please check our allergen information every time you eat with us as some ingredients may have changed since your last visit. Should you require further information regarding ingredients in a specific dish, please ask a member of the team. We cannot guarantee any menu items will be completely free from a particular allergen due to allergens present in the kitchen.

## LUNCH

### BURGERS

SMASH BURGER (1,143 kcal) Smashed burger, cheese, fries	12.5
BRISKET BURGER (651 kcal)	13
Smashed burger, brisket, cheese, fries	
HOT DOG (917 kcal) Frankfurter sausage, caramelised onion, ketchup, mustard, fries	11
VEGGIE BURGER (VG) (1,285 kcal) Smashed vegan burger, cheese, fries	11.5

### BOWLS

CEASAR SALAD (484 kcal)	11.5
Kale, smoked bacon, brioche croutons, grated parmesan <b>+ chicken (346 kcal) - 7</b> <b>+ halloumi (238 kcal) - 5</b>	
ROASTED SWEET POTATO (V) (690 kcal) Roasted sweet potato, chickpea and feta salad, burnt butter dressing	11.5
SOBA NOODLES (V) (761 kcal) Soba noodles, ginger sesame dressing, edamame, toasted peanuts, crispy onion, boiled egg	12

### PLATES

FISH TACOS (630 kcal)	10
Panko fried pollock, red cabbage, pineapple salsa, siracha mayo, coriander, red chili	
CORN FRITTERS (V) (1,032 kcal)	10.5
Pico de gallo, sour cream, jalapeno sweet chilli sauce, poached egg	

### PIZZA SLICE

MARGHERITA (V) (325 kcal)	6
PEPPERONI (363 kcal)	6

### SIDES

FRIES, sea salt (VG) (375 kcal)	4.5
CHOPPED TOMATOES Olive oil, basil (VG) (168 kcal)	4.5
GRILLED HALLOUMI Burnt honey, chilli (V) (238 kcal)	7

### ADD-ONS

Bacon (262 kcal)
Sausage (238 kcal)
Grilled halloumi (238 kcal)
Smashed avo (148 kcal)
Poached egg (80 kcal)
Mushrooms (44 kcal)
Tomatoes (50 kcal)

ALL 3

### SWEETS

LOTUS SOFT SCOOP ICE CREAM Served in a waffle cone or tub (V) (212 kcal)	5.5
NUTELLA & BANANA EMPANADAS (V) (245 kcal)	4.5

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